# ABSTRACT OF THE DISCLOSURE

A golf tee includes a shaft portion with upper and lower end portions. A generally hollow funnel-shaped first end portion is provided for supporting a golf ball thereon and extends from the upper end of the shaft portion. A generally tapered second end portion is provided for anchoring the tee into the ground and extends from the lower end of the shaft portion. A height adjustment member is slidably positioned on the shaft portion for setting a height of the tee relative to the ground. The shaft portion includes a plurality of vertically spaced slots separated by at least one ring for selectively holding the height adjustment member in one of the slots. The height adjustment member includes first and second directional arrows that preferably extend in generally opposite directions.